



# Pediatric Diabetes

## Blood Glucose Testing

### Why is testing important?

Each day you make choices for your health. These choices are about what and when to eat and how active to be. Blood glucose testing is an important part of diabetes management because it can show you how well your choices are working. The results from your blood glucose meter provide feedback which can help you understand how different factors (stress, illness, decreased or increased activity) are impacting your blood glucose levels.



But testing is not just about getting a test result. It is also about knowing how to interpret each result and how to take action. Your goal should be to keep your blood glucose in the target range recommended by your healthcare team, and avoid going either too high or too low. Once you know your blood glucose level, you can use the information to adjust your food, exercise or medication, so that you can feel your best. Keeping your blood glucose level as close to normal as possible is one of the best ways to stay healthy and reduce your risk of diabetes complications.

### Know when to test

Various factors determine when you should check your blood glucose. You will need to talk to your healthcare team about setting up a testing routine, which might include testing around certain events (meals, exercise and medication) to see how they impact you. Blood glucose monitoring can be done at any time of the day. But it's often best to plan on testing at specific times, and perhaps at the same time each day. By tracking your results, you can learn a lot about yourself and if necessary, you can make immediate changes to your diabetes care routine.

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### People with Diabetes:

Nicole Johnson,  
Miss America

Mary Tyler Moore,  
Actress

Patti LaBelle,  
Singer/actress

BB King,  
Musician

Halle Berry,  
Actress/model

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# Target Blood Glucose Results

Target ranges are different for different people. Your healthcare provider can help you set a realistic target level. In a healthy person who does not have diabetes, blood glucose is typically 70-110 mg/dl before a meal and less than 120 mg/dl two hours after a meal. For people with diabetes, a healthy range can be different. Some basic target ranges include:

- **Before a meal** (pre-prandial): 90-130 mg/dL\*
- **2 hours after a meal** (post-prandial): less than 180 mg/dL\*
- **Before exercise:** at least 70 mg/dL; not

more than 300 mg/dL.\* People with Type 1 diabetes should use caution if above 250 and having ketones.



Your healthcare provider will tell you the target range that makes sense for you. In general, the key to feeling good for most people with diabetes is to stay between 80 mg/dL and 140 mg/dL\*. That is when insulin and blood glucose (sugar) levels are

balanced and your body is working at its best. Use your blood glucose test results to make choices that help you stay in the range that makes you feel your best.

\*These suggested target levels are consistent with the goals published by the American Diabetes Association ("Clinical Practice Recommendations," *Diabetes Care*). Children, older people, pregnant women and people with certain health problems may have different results. Check with your healthcare professional on what target range is best for you.

## A1C Testing

In addition to daily blood glucose monitoring, the A1C test (done at a doctor's office) provides a three-month average of blood glucose results.

## Choosing the Right Glucometer

With so many to choose from, sometimes it is hard finding the right glucometer. Factors to consider when choosing a glucometer should be:

- Alternative site testing
- Amount of blood needed for each test
- Cost of the glucometer
- Cost of the testing strips for the glucometer
- How much memory the glucometer has
- How often you have to refill testing strips
- Size of the glucometer
- Size of the testing strips
- Testing speed

# Hypoglycemia (Low blood sugar)

## Causes

- Too much insulin or oral medication
- More exercise or activity than usual
- Skipping or delaying meals or snacks, or eating less food than usual

## Signs

- Slurred speech
- Headache
- Tingling lips
- Sweating (cool)
- Rapid heart beat
- Confusion/disorientation
- Weakness
- Hunger
- Nervousness
- Coma
- Tremors

## How To Treat Hypoglycemia

1. Quickly take one of the following rapid-acting glucose sources (10-15 gms carbohydrate): 3 glucose tablets (from pharmacy); 1 tube of glucose gel (from pharmacy); 4 oz juice or regular cola; 1 Tbsp. of honey; 8 oz of nonfat milk; or 6 hard candies.
2. Test your blood glucose again 10-15 minutes later.
3. If your blood glucose level has not risen, repeat glucose dose, as above.
4. In either case, if next meal is more than one hour away, follow the above treatment with something more substantial, such as starch and meat. (Eating food with the first glucose dose can delay the blood glucose rise.)
5. Treatment for low blood glucose should not take the place of a snack or meal.

# Hyperglycemia (High blood sugar)

## Causes

- Too little insulin or oral medication
- Too much food
- Less activity or exercise than usual
- More stress than usual
- Infection, illness or injury

## Signs

- Fatigue
- Dry mouth and skin
- Increased thirst
- Increased hunger
- Blurry vision
- Unexplained weight loss
- Increased urination

## How to Treat Hyperglycemia

1. Check blood glucose more frequently than usual and record the results. These records will help you and your diabetes team find patterns and adjust your treatment to avoid hyperglycemia.
2. Check for urine ketones (essential if you have Type 1) and call your doctor if ketones are present.
3. Take your insulin or oral agent as prescribed. (Adjust dosage only if told to do so by your healthcare provider.)
4. Follow your meal plan, adding more calorie-free fluids.
5. Follow your exercise plan **only** if ketones are absent.



Cabinet for Health and Family Services  
KyHealth Choices  
Medical Management and Quality Assurance  
275 E. Main Street, 6C-C  
Frankfort, Kentucky 40621

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## Corny Cookies

### Ingredients

12 tablespoons (3/4 cup) peanut butter  
3 tablespoons Honey  
2 cups cornstarch  
2 cups corn flakes



### Preparation

Stir together peanut butter, honey and cornstarch. Form into balls, about 1 Tbsp. size and roll in crushed corn flakes. Flatten balls with tumbler and chill.

**Nutritional Information per Serving:** # of servings: 6    Serving size: 2 cookies

Carbohydrates per serving: 26 grams

Protein per serving: 8 grams

Fat per serving: 16 gram